

8th Grade Health Curriculum

Chapter 11: Building Responsible Relationships

- Social skills
- Sensitivity skills
- Family health
- Influences on teen relationships
- Healthy friendships
- Teen dating

Chapter 9: The Stages of Life

- The male/female reproductive system
- Pregnancy and birth
- Growing and changing

Chapter 10: Adolescent Growth and Development

- Your changing body/mind/feelings
- Preparing for the future

Chapter 13: Preventing Abuse and Violence

- Preventing and coping with violence
- Abuse
- Coping with harassment

Chapter 14: Tobacco

- Tobacco products
- Tobacco's effects/addiction
- Tobacco, disease, death
- Quitting
- Why people use tobacco
- Being tobacco free

Chapter 15: Alcohol

- Alcohol and your body
- Immediate/long term effects of alcohol
- Alcohol and decision making
- Alcohol, driving, and injuries
- Pressure to drink
- Deciding not to drink
- Alcoholism

Chapter 16: Medicine and Illegal Drugs

- What are drugs?
- Using drugs as medicine

- Drug abuse and addiction
- Stimulants and depressants
- Marijuana, Opiates, Hallucinogens and inhalants, designer drugs
- Staying drug free
- Getting help

Chapter 19: Safety

- Acting safely at home, school
- What is a weapon?
- Automobile safety
- First aid, and choking and CPR